



2023 Swim Team

Handbook

About the Woodlands Township Swim Teams

Welcome to the 2023 season of The Woodlands Township Swim Teams. We are looking forward to a fun and exciting season and are glad that you have decided to be a part of our team!

The Woodlands Township Swim Teams are summer swim teams whose home pools are Lakeside Pool (Hurricanes), Creekwood Pool (Riptides), and Forestgate Pool (Waves). Pool addresses can be found below. Each of our teams is a member of the Northwest Aquatic League, or NWAL whose objective is to foster competitive swimming and good sportsmanship.

The goal of the NWAL is to promote a competitive program for community swimmers. The intent of the following rules regarding team representations is to promote the community concept and at the same time make provisions for situations where NWAL swimmers' families are Members of a Club or reside in an area that does not have a community team.

Please visit www.nwal.org for league rules and other information.

Team's web page for meet information:

- Hurricanes: <http://thewoodlandshurricanes.swimtopia.com>
- Riptides: <http://thewoodlandsriptides.swimtopia.com>
- Waves: <http://woodlandswaves.swimtopia.com>

The goals of the Woodlands Swim Teams each summer are to:

- Develop and enhance existing swimming skills
- Build swimmers self-confidence, discipline
- Develop new friendships and sense of teamwork
- Have fun!

We recognize that competitive swim teams are not for everyone. The Township also offers a Learn-To-Swim program and a Junior Swim Team for those who have other ability levels and needs.

Registration

Residency in the Woodlands

- In accordance with NWAL guidelines, both new and returning swimmers will be asked to verify residency in the Woodlands, or otherwise provide an approved NWAL waiver form, in order to participate in this program in 2023. This will be addressed in detail below within the sections, "Eligibility" and "Waivers".

Returning Swimmers

- If you are a returning swimmer from last season (2022) and would like to be on the same team this season, you may sign up at any time beginning February 1st. No *new* participants may enroll until your exclusive enrollment period expires on February 16th.
- *Returning swimmers will be required to swim for the team they swam for the previous year.* If a returning swimmer wishes to move to another team, a league waiver would be required, which would be subject to the same rules as all other NWAL waivers, i.e. it would require approval for said swimmer to move. Waiver could be approved and/or denied.

New Siblings of Returning Swimmers

- Provided that they agree to join the same swim team as the returning swimmer in their family, immediate family members (siblings, half-siblings, etc.) of a returning swimmer *living at the same address* will be allowed to register at the same time as the returning swimmer- during the exclusive enrollment period above.

New Swimmers

- New swimmers may enroll beginning February 16th.
- Participants must be at least five (5) years of age by May 1st.
- If you were on the Jr. Swim Team, Cyclones, or Advanced Learn to Swim classes in 2022 or 2023, then you may sign up for the swim team *closest to your home*, as long as space is available in your age group you are looking to join. (50 swimmers per age group limit). No skills evaluation is needed.
- Anyone that would like to be on one of the Woodlands Swim Teams and has *not* been enrolled in *any* of our aquatic programs in the past year must be evaluated first to verify their skill and comfort level in the water. This means that our Aquatics Program Coordinator, or a designated Cyclones Coach/Learn to Swim Instructors not involved in the NWAL swim teams, will need to meet you at one of our locations to see what you can do!

Evaluations Process

- If you have not been part of the Woodlands Township Swim Teams or another Aquatics Program you will need to set up a time and date for an evaluation with Aquatics Program Coordinator, Debbie Arnold - darnold@thewoodlandstownship-tx.gov
- Evaluations will be held at Creekwood Pool on select Saturdays from February through April **with advance notice**. NWAL representatives may also be present to audit the process and verify compliance with NWAL guidelines listed below.
- All swimmers must be able to:
 - o Swim the length of the pool (25 yards) in 1:00 minute or less
 - o Swim both freestyle and backstroke
 - o Keep up with practice intervals
- Following this brief series of simple drills, the swimmer and parent will be informed of their enrollment options by Township Aquatics staff.
- Any new swimmer who can complete the requirements above while visibly and audibly comfortable in the water and is able to follow basic coaching direction will be given the option to join a Township swim team, as long as space is available on that team and in your age group.

- Swimmer's families are encouraged to come to the skills evaluation date with a conveniently-located team in mind, but are not required to decide 'on the spot'.

NWAL Requirement of Township Staff regarding Registration and Team Placement

- For new swimmers requiring "Evaluations"
 - o Evaluations will be held without the presence of NWAL swim team personnel –i.e., only Township persons, no NWAL team coaches, etc.
 - o No recruiting, influencing, biasing or general directing of these swimmers should occur such that they choose one team over another. Swimmers would subsequently be placed onto a team on the basis of first come-first served and individual swimmer preference.
- For swimmers not requiring an evaluation (past program participants)
 - o No recruiting, influencing, biasing or general directing of these swimmers should occur such that they choose one team over another. Swimmers would subsequently be placed onto a team on the basis of first come-first served and individual swimmer preference.

Eligibility

*NEW-USA swimmers can now swim in NWAL while still participating in USA meets.

1. The NWAL season begins on the Thursday before the first sanctioned NWAL Meet and ends the Monday after the Divisional Meet.
2. This rule is not intended to preclude any type of organized practice.
3. For NWAL, the swimmer will participate in the age group of his or her age on May 31st. For TAAF, there is a one-day difference, the swimmer will participate in the age group of his or her age group on June 1.
4. Swimmers interested in competing with TAAF may not be registered with practice or compete with any year round program from January 1 of the current year to April 30th.

(Eligibility Exceptions: any school related activity, any family lap swimming program, any swimmer in division 15 & older, programs approved in writing by both Swim Commissioners and the TAAF State Office).

Eligibility Waiver Policy

The Woodlands Township Swim Teams endeavor is to follow all NWAL waiver policies and other league rules. Further eligibility and waiver policy exceptions cannot be made if the Township wishes to continue our membership with the NWAL in future years. We believe NWAL offers the best possible swim team programs for our residents, so we are striving to do better. Thank you in advance for your cooperation!

Waivers

- All swimmers that have been on a Township swim team (Hurricanes, Riptides, or Waves) and would like to change teams, within the Woodlands, will have to have an NWAL waiver that will need to be approved by the NWAL Board in order to make the change to another team.
- Both new and returning swimmers that live in the Woodlands would like to go to another NWAL team *outside* of The Woodlands must also comply with this policy, per league rules.
- Swimmers living outside of The Woodlands but within another team's "Core Area" must also comply with this policy in order to swim for the Hurricanes, Riptides, or Waves.

Team Transfers after Registration

- Special transfer policies apply for certain Township programs and activities. Please thoroughly review your specific program/class information.
- Once enrolled in a Township swim team (new or returning), staff at the Woodlands Recreation Center will *not* be able to transfer you to a different team within this program. If you feel a mistake has been made, only the Aquatics Program Coordinator may process your request.

For further information, please contact Aquatics Program Coordinator, Debbie Arnold darnold@thewoodlandstownship-tx.gov or view policies at www.nwal.org.

Swim Team Staffing

Aquatics Program Coordinator (1) – Oversee all Township swim teams, aquatics programs, and staff.

Swim Team Aquatics Recreation Specialist (Lead Team Representative) (3- one for each team) - Oversees Coaches; attends and runs meets; attends practices to answer questions and help with handing out info; signing up swimmers for Meets; is the main point-of-contact for parents; organizes the roster, volunteers, Meets, swimmers, and parents.

Head Swim Coach (3- one for each team) – Oversee the assistant coaches, running practices and having meeting with staff. Coaches must be 18 years old or older and have been a Learn to Swim Instructor with The Woodlands Township for at least 1 year prior to becoming a Swim Team Coach. (Previous coaching experienced is looked for).

Assistant Swim Coach (6- two for each team) – to help support the head swim coach. Coaches must be 18 years old or older and have been a Learn to Swim Instructor with The Woodlands Township for at least 1 year prior to becoming a Swim Team Coach.

Swim Practices - Locations

Practices are 4 days a week:

Hurricanes: Monday – Thursday

Riptides: Monday, Tuesday, Wednesday, Friday

Waves: Tuesday – Friday

We encourage you come to all the practices, so you can see an improvement in your times at meets.

Evening Practice: April 17 – May 25, 2023

4:15 – 5pm (5 & 6)

5 – 6pm (7 & 8)

6 – 7pm (9 & 10)

7 – 8pm (11 & 12)

8 – 9pm (13 & over)

Morning Practice: May 26 – June 23, 2023

7 – 8am (13 & over)

8 – 9 am (11 & 12)

9 – 10am (9 & 10)

10 – 11am (7 & 8)

11 – 11:45am (5 & 6)

- **Hurricanes:** Lakeside Pool, 5001 S. Alden Bridge Dr. (Pool is closed on Fridays)
- **Riptides:** Creekwood Pool, 3383 S. Panther Creek Dr. (Pool is closed on Thursdays)
- **Waves:** Forestgate Pool, 7505 S. Forestgate Dr. (Pool is closed on Mondays)

All parents are required to remain outside the gate drawing practice

Swim Meets – Locations

The Township teams will have both Home and Away swim meets, always on Saturday mornings.

- Home swim meets and the practice meet, or Time Trial, will be at the team's practice location.
- Away meets will be determined by the team's Division schedule as assigned by the NWAL and will be released separately.
- Time trials will be the Saturday May 6, 2023, followed by 5 dual meets, Divisional Meet and Invitational Meets. Ending June 25, 2023.
- You will need to participate in 2 dual meets to be eligible to swim in the Divisional Meet

See the teams web page for Swim Meets and Locations

Swimmers Will Need

Each swimmer will need a swimsuit, swim cap, towel, and fins (make sure the fins fit like shoes; you can wear socks to avoid blisters). Team suits are ***not*** mandatory.

Team suits can be purchased at:

- **Kiefer formally known as Swim Shop of the Southwest** located: CISD Natatorium 19133 David Memorial Dr, Shenandoah, TX 77385 [Phone: \(936\) 709-3901](tel:9367093901)

Team Pictures

Team and individual pictures information to be announced. Swimmers and families will have the option of purchasing different photo packages. Each Team's Recreation Specialist will set up the individual and team pictures and will send out the information.

Registration Fees* and Meet Costs

The Woodlands Resident Fees

<u>Number of Swimmers</u>	<u>Season Fees per Swimmer</u>
<u>1st Swimmer</u>	<u>\$220</u>
<u>2nd Swimmer</u>	<u>\$205</u>
<u>3 and More Swimmers</u>	<u>\$190</u>
<u>15 & Over Aged Swimmers</u>	<u>\$220</u>

Non-Resident Fees

<u>Number of Swimmers</u>	<u>Season Fees per Swimmer</u>
<u>1st Swimmer</u>	<u>\$230</u>
<u>2nd Swimmer</u>	<u>\$215</u>
<u>3 and More Swimmers</u>	<u>\$200</u>
<u>15 & Over Aged Swimmers</u>	<u>\$230</u>

**After April 15th, the registration fee will go up \$10 per swimmer.*

Note: Summer Heat, Summer Thunder, Pentathlon, Sizzler, Ponderosa, All Stars, Red, White and Blue and Trinity Summer Classic Meets, (or any other invitational meet that there is a charge for) are not included in the basic program fee. Swimmers MUST sign up online and are responsible for their own meet fees.

Pentathlon is \$40 for 1 or 5 events

Red White and Blue, Ponderosa, Allstars, Summer Heat, Thunder, Sizzler is \$9 an event

Trinity Summer Classic is \$8 an event

Event fees are subject to changes.

*Time Trials- each family will be required to work at least 1 credit (if your child is attending)

****Divisional Meet-** each family is required to work at least 1 credit (if your child is attending) or may option out for \$100 and we will find someone to work in your place.

*******There will be a \$200 per family deposit due at the time of sign-ups. This will be refunded back after the season if over. (Time Trials is not included in this fee)

Discount Program

Ages 15 – 18 ONLY

(Get the discount of \$50 for the session)

- At the time of registration, you will pay \$220 and \$50 volunteer fee
- Volunteer Parents of ONLY 15 – 18 swimmers will work 1 session or opt-out and not get your \$50 back
- If you have ADDITIONAL swimmers under 15, you will be required to pay the \$200 refundable volunteer fee and work 4 shifts as well as the \$50 for your 15 – 18 swimmer
- Must participate in (AT LEAST) 2 dual meets
- Must be available for morning and afternoon relays (leaving early or arriving late on the day of the meet will not qualify for the two-meet participation requirement.)
- If you have siblings on the team and opt-out of the discount program, at the end of the season we will give you the sibling discount. Allow 2 weeks

Families with 15 and over swimmers and multiple siblings:

- 15 and over \$220 (if does the discount program will get \$170 back, if not will get the sibling discount)
- 2nd sibling \$220
- 3rd sibling \$205
- 4th sibling \$190
- Volunteer Fee \$200 for the family

Families with 15 and over and 1 sibling:

- 15 and over \$220 (if does the discount program will get \$170 back, if not will get the sibling discount)
- 2nd sibling \$220
- Volunteer Fee \$200 for the family

No swimmers 15 and over

- 1st Sibling \$220
- 2nd Sibling \$205
- 3rd and more Siblings \$190
- Volunteer Fee \$200 for the family

Coaching Communication

Coaching a swim team requires considerable concentration and effort, particularly during practice and at meets. Although the coaches are very approachable, we ask that you not interrupt them during practice or meets. Therefore, parents are asked to stay off the deck during practice. If you have questions for the coaches, please speak with the Team's Recreation Specialist. If you have concerns about the coaches that you wish to express to the Township, please speak with the Aquatics Program Coordinator.

Team Communications

The primary method of communication from the team is via email and team website. Each team family must insure that:

- The Township has the proper e-mail address for your family – if you are not receiving our e-mails, let your Rec Specialist know.
- The email address you have provided is functioning and is being checked frequently.
- It is highly recommended that the Rec Specialist and Aquatics Program Coordinator's email address be entered into your "Address Book" on your preferred email software. Given the high number of emails sent from the Township servers, some email services may mark our message as Spam!
- Optional text messaging notification information:
 - o If you are enrolled in the **Hurricanes**, Text 81010, and type @TWTcanes
 - o If you are enrolled in the **Riptides**, Text 81010, and type @TWTtides
 - o If you are enrolled in the **Waves**, Text 81010, and type @TWTwaves
 - o LATER, TO CANCEL and stop receiving these updates, TEXT the same number as before stopall

Event Information

Time Trails

- All swimmers must swim in the team Time Trial Meet, generally held on Saturday morning the week before the first dual meet, at the home pool of your team.
- All swimmers are required by NWAL to have a "seed time" in order to participate in a dual meet. Seed times from previous years or other leagues cannot be used.

Meet and Event Participation, Minimums and Maximums

- Swimmers may swim in up to five (5) events at each meet, including:
 - o Three (3) individual events
 - o Two (2) relays

Special Procedures for Relays

- There will be a maximum of three (3) relays per event: A, B and C for each age group.
 - o Relays A and B will be calculated on best times.
 - o Remaining swimmers will be rotated through Relay C so that every effort is made to get each swimmer on a relay.
- At their discretion, coaches may make changes to relays based on attendance at practice or effort.
- NWAL rules state that swimmers who are scratched from the meet due to late arrival cannot swim in their relay events.
- If your child is entered in a relay, please make every effort to arrive on time to EACH event. At times, entire relays have to be scratched because swimmers are not present on time.
- Parents should be respectful of coaches and their numerous duties at the meets and should refrain from questioning their decisions at the meets.

List of All Events, by Age Group

AGE GROUP	EVENT	DISTANCE
6 & Under	Freestyle & Backstroke	25 yards
	Freestyle Relay	100 yards
	Breaststroke & Butterfly (<i>Optional</i>)	25 yards
7 & 8	Freestyle & Backstroke	25 yards
	Freestyle Relay	100 yards
	Breaststroke & Butterfly (<i>Optional</i>)	25 yards
9 & 10	Freestyle, Backstroke, Breaststroke & Butterfly	25 yards
	Freestyle & Medley Relay	100 yards
	Individual Medley (<i>Optional</i>)	100 yards
	Freestyle, Backstroke, Breaststroke & Butterfly	50 yards

11 & 12

Freestyle & Medley Relay 200 yards

Individual Medley (*Optional*) 100 yards

13 & 14 Freestyle, Backstroke, Breaststroke & Butterfly 50 yards

Freestyle & Medley Relay 200 yards

Freestyle & Individual Medley (*Optional*) 100 yards

15 - 18 Freestyle, Backstroke, Breaststroke & Butterfly 50 yards

Freestyle & Medley Relay 200 yards

Freestyle & Individual Medley (*Optional*) 100 yards

Meet Registration

- Swimmers will have the ability to register for all meets at the beginning of the season. However, if the swimmer later decides, for any reason, NOT to attend the meet, you will need to let the coaches know, so they can make changes to the relay.
- Swimmers must register for all meets that they plan on attending in order to be entered in the meet via the appropriate link on the team website (listed above).
 - o The swimmer will be able to choose the events they would like to swim, but Head Coaches will have final discretion on meet entries.
 - o The deadline for meet entries for a Dual Meet is Sunday night, prior to the Saturday meet.
 - o Contact your Recreation Specialist if you miss this deadline.
- “Meet Exchanges” with the opposing team for Dual Meets is on Thursday evenings.
 - o NO CHANGES CAN BE MADE AFTER THIS DEADLINE.
- Individual and relay events will be posted on the team website and be available at the pool for review.
- Invitational Meet entry deadlines may vary; e-mails will keep you up to date on them.

Further Meet Information

Dual Meets

Make all efforts to check-in with the designated Age Group Parent between 6:45 to 7:15 a.m. (*Please note: if you sign up for the meet and don't sign in before 7:15 a.m., you will not be scratched until your event is "ready to swim"*).

Make sure your swimmer comes prepared. They are responsible to take all belongings home with them.

Meets start at 8:30 A.M. Please stay for the entire meet to cheer for your teammates!

Scoring for dual meets

Individual events

1st place: 7 points

2nd place: 5 points

3rd place: 4 points

4th place: 3 points

5th place: 2 points

6th place: 1 point

Relay events

1st place: 7 points

2nd place: 3 points

Divisional Meets

- To participate in NWAL Dual Meet means the swimmer is entered in the meet during the exchange of entries.
- If all teams add all swimmers to the exchange then all swimmer would have met this requirement.
- Swimmers still need to have an official time to swim in the Divisional Meet. (You need to participate in two (2) dual meets prior to the Divisional Meet).

Invitational Meets

- The day of the Divisional Meet will be the last day the Meet Entry Coordinators will accept entries for
- Invitational Meets - Each swimmer will be responsible for their meet fee for each individual event, which must be paid at the time of signups. (If in a relay, the amount will be billed after the meet and mailed out to each swimmer who swam.)
- Swimmers **MUST** sign up online and are responsible for their own meet fees for each of the meets listed below.

- o Ponderosa; Red, White and Blue; All Stars; and Trinity Summer Classic Invitationals:
To participate in these meets, a swimmer must make a qualifying time for that event.
(This time will be on the heat sheet before each event).
- o Summer Heat Invitational – ages 10 and younger on Sunday and ages 11 and older on Monday
- o Pentathlon – Swimmers must compete in all 5 individual events. They cannot choose which of the 5 events they want to do, they have to do all 5 events.
- o Summer Thunder Invitational

Volunteers

The organization and execution of a successful swim team is a tremendous effort. Countless hours, both off- season and during the swim season are required to make the team a success.

- A mandatory Volunteer Fee of \$200 will be collected at the time of registration. Along with the swimmer registration fees, families are required to volunteer a minimum of 4 shifts throughout the swim season. Once the swimmer's family has fulfilled the volunteer requirement, they will be refunded their \$200 volunteer fee once the season is over. Please allow time for The Township to go through all of the families and refund the money.
- If a family does not want to volunteer, they can choose the Buyout Option of paying \$250 per family.
- Volunteer positions will be posted on the team website.
- Parents will have the opportunity to sign up online at the time of the meet registration.
- Volunteers are needed at each Dual Meet in the following areas:
 - o Announcer- Make updates on score, events, any information the teams may need to know before, during and after the meet
 - o Ready Bench- To make sure the swimmers are in the right lane and ready to swim
 - o Age-Group Parents (Lead Parents) – To check in swimmers, put their events on their arm, help let the coaches know who is not there at the meet, getting the swimmers together and make sure the swimmers make their events
 - o Runners – Papers back and forth between the scribes and computer person, hands out water to volunteers and officials and post the results for the meet
 - o Awards- Putting labels on ribbons
 - o Set-up/Clean-up- Putting out the tents, tables, chairs, roping off areas, putting out cones and putting everything away after the meet is done
 - o Data Entry Clerk/Computer Clerk - Helps enter times and relays then the computer person puts them in the computer
 - o Timers/Scribes – Timer will time the lane they are in and the scribe will record their time and take to the computer person

- o Rec Specialist* - Make sure the team has everything they need to run a smooth meet, works out any problems the team may have, has final say if the other team can put a swimmer in an event after the exchange, must be at the meet from its entirety. (This is a paid position)
- o Officials* (Referee, Starter, Stroke Judge, Turn Judge)- runs the meet

In addition, each team has several Lead Parent positions that oversee and direct the volunteers. We need everyone to volunteer.

If you have registered to help at the meet and are not able to fulfill your duties, you will need to find someone to take your place. Please contact the Volunteer Coordinator with the name of your replacement.

After each home meet, we need to make sure we have everything put up, lane lines, starting blocks, backstroke flags and all swim team banners down and put away so we can open the pool to the public.

Away meets, please make sure you leave it cleaner than it was.

**All officials, rec specialist and coaches must be certified by NWAL – contact Rec Specialist if interested*

***Set -up and clean -up is not part of volunteer hours. **If you become, or are an official, lead parent, or computer operator, you will not have to pay a deposit for your volunteer hours.*

Spirit Nights, Spirit Wear, and Parties

Spirit Nights

Each team is encouraged to assign a Spirit Coordinator Volunteer to help coordinate and communicate social activities for the team which helps swimmers and their family to encourage team spirit. The Rec Specialist will plan spirit nights at local locations for each of the three swim teams (Hurricanes, Waves, and Riptides) to attend and participate in. Some location examples are Jersey Mike's, Chick-Fil-A, Spring Creek BBQ, Raising Canes Chicken, Chipotle, etc.

Spirit Wear

Each of the three team's (Hurricanes, Waves, and Riptides) will be able to order spirit wear online.

Parties

End of Season Party

The End of Season Party and awards presentations for all three (3) teams will be held together at their home pool, (Waves) Monday, June 19th, (Riptides) Thursday, June 22nd, (Hurricanes) Friday June 23rd from 5:00 – 9:00pm). Formal announcements will be made during the season.

Each team will have a party for the end of the season. Coaches will award trophies:

- **Most Improved Swimmer** – both male and female for each age group
- **High Point Scorer** – both male and female for each age group
- **Overall High Point Scorer** - both male and female

At the end of each season all awards will be recycled, if not picked up.

There is no cost to attend the End of Season Party! Please come!

Open House/Parent Information

Each team will host their open house at their home pool

Hurricanes Sunday, April 30 from 3 – 5pm

Riptides Sundays, April 30 from 5 – 7pm

Waves Sunday, April 30 from 1 – 3pm

Awards

Dual Meets:

- Ribbons will be handed out 1st – 6th place for individual events, Ribbons will be handed out 1 & 2nd place for relays
- Best Time Ribbons will be handed out after each individual events only

Practice:

- Gold Caps will be handed out once a week to each age group male and female that has made a difference on the team. Can be for helping out someone in his or her lane, being a leader, always smiling. (this is not just about swimming, but it can be)

Refunds

Full refunds will be given to participants who have registered for a program that has been cancelled by The Woodlands Parks and Recreation Department. Otherwise, participants may request a refund minus applicable processing fees as described here. **No Refunds will be given, if not in writing via email.**

- o Feb 15th – April 5th to submit a refund request via email only to: darnold@thewoodlandstowship-tx.gov, a full refunded will be provided, minus a \$5, per swimmer, processing fee.
- o After April 6th, to submit a refund request via email only to: darnold@thewoodlandstowship-tx.gov, a full refund will be provided minus a \$25 per swimmer, processing fee.
- o After May 1st, no refunds will be provided.

Refunds may take up to three to four weeks to process.

Northwest Aquatic League

Parent/Coach Code of Conduct

Children's sports are supposed to be fun - for the children. Unfortunately, many parent, fans and coaches do not realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. This following **Code of Conduct** is for parents and spectators to abide by at every practice and meet.

Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will remember that children participate to have fun and that the sport is for youth, not adults.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will learn the rules of the sport and the policies of the league.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials and spectators at every meet, practice, or other sporting event.
5. I (and my guests) will not engage in any kind of unsportsman-like conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a race or his/her performance.
10. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
12. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize meets and competition in the lower age groups.
13. I will promote the emotional and physical wellbeing of the athletes ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during meets and will never question, discuss, or confront coaches or officials at the meets, and will take time to speak with them at an agreed upon time and place.
15. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
16. I will refrain from coaching my child or other players during meets and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach and/or head of league organization
- Written warning
- Parental meet suspension with written documentation of incident kept on file by organizations involved.
- Meet forfeit through the official or coach
- Parental season suspension.

The Woodlands Township

CODE OF CONDUCT for SWIMMERS

The Woodlands Township Aquatics Division staff wants this swim team season to be a fun, family-friendly, positive, and learning experience for everyone involved. This Code of Conduct was developed to help everyone (especially all the kids) have a better swim team experience this season, and is meant to be a positive guide for their behavior during both swim team practices and swim meets.

1. I will participate in swim team because I want to, not just because my parents or coaches want me to.
2. I will respect myself by coming to the pool with a great attitude and always doing my best in the water.
3. I will respect my teammates in the pool, on the deck, in the restrooms, and in public. I will cheer them on, congratulate great swims, and support them when they are upset.
4. I will respect my coaches by listening carefully and following their instructions.
5. I will respect my opponents, their team officials, and parents, by treating them all the same as I treat my own teammates, coaches, and parents.
6. I will respect everyone by controlling my temper. I know that fighting, splashing others in the pool in a distracting manner and “mouthing off” can spoil the fun for everyone. I know that I can expect discipline for these actions.
7. I will respect my pool by helping to keep the pool, deck, and bathrooms clean and safe.
8. I will remember that winning isn’t everything – that having fun, improving my skills, making friends, being a good teammate, and doing my best are also important.
9. I will always follow the rules of the pool whether at my pool or visiting someone else’s pool.
10. I will remember that coaches, officials, and lifeguards are there to help me learn and keep me safe. I will always accept their decisions and do my best for the team.

I, _____ (print swimmer’s name) agree to follow the Swim Team Member Code of Conduct.

Printed Name or Signature of Swimmer (by swimmer)

Signature of Parent/Guardian that helped review this Code
with their child

Failure to comply with the Code of Conduct for Swimmers will be discussed with parents.